

"A Day in Alex's Healthy Life"

"Alex is a 13-year-old student who always tries to maintain a healthy lifestyle. He usually wakes up at 6:30 AM and drinks a glass of water. For breakfast, he often eats oatmeal and fruit because he knows teenagers must eat nutritious food to have energy. He never skips breakfast. At school, he usually plays basketball with his friends during break. He knows that students should exercise for at least 30 minutes every day. In the evening, Alex sometimes watches TV, but he always stops before 9:00 PM. He must sleep 8 hours every night to stay focused. On the other hand, his brother Leo often plays video games for hours and rarely eats vegetables. Leo knows he shouldn't consume too much junk food, but he finds it difficult to change his unhealthy habits."



1. **What does Alex usually eat for breakfast?**

Pizza and soda

Oatmeal and fruit

He never eats breakfast

Chocolate cake

2. **Why must teenagers eat nutritious food according to the text?**

To gain weight quickly

To have energy

To sleep all day

To win games

3. **How often does Alex stop watching TV before 9:00 PM?**

Rarely

Sometimes

Always

Never

4. **What modal verb expresses advice about exercising in the text?**

Students must exercise

Students should exercise

Students cannot exercise

Students might exercise

Answer True or False based on the reading

- Alex usually skips breakfast when he wakes up late ()
- Leo knows he shouldn't eat too much junk food ()
- Alex must sleep 8 hours every night to stay focused ()

Match as appropriate

Column A:

1. Drinking water after waking up
2. Eating balanced food
3. Playing video games for hours

Column B:

- A. Teenagers should maintain this healthy habit.
- B. Alex always does this to start his day.
- C. Leo often does this, which is an unhealthy habit.